

GOOD BBQ. REAL FAST.™



Enjoy the rich, mouth-watering flavours of BBQ in a fraction of the time! Rubs, glazes and sauces are the secret to bringing bold flavour to summer cooking—and we got 'em all! These quick, healthy meals are ready to serve in 20 minutes or less.

Life is all about balance, and so is your plate! All recipes in this guide are aligned with our Epic Life Program—simply follow the prompts to help ensure you have a perfectly portioned, balanced plate. Learn more about the Epic Life Program at epicure.com or in our catalogue.

FYI: Perfect portions are what keep you feeling full between meals, without the need to snack!



5 WAYS WITH MONTREAL STEAK RUB



Robust peppery flavour with a hint of sweet bell pepper. Use as a rub or seasoning for cooking. Makes a great rim trim for Caesar and Bloody Mary cocktails. Follow label directions to make a dry or wet rub. One jar coats 6 lbs (2.72 kg) of meat.

1

MONTREAL GRILLED PORK CHOPS

Coat **4 6 oz (170 g) bone-in centre pork chops** with **1 tbsp oil** and **2 tbsp rub**. Grill chops over high heat for 2 min per side. Reduce heat to medium and flip frequently until cooked through, about 8-10 min. Serve with **Smokin' BBQ Sauce**, if desired.

2

EASY GRILLED POTATO WEDGES

Slice **4 large Russet potatoes** into wedges; place in **Multipurpose** or **Round Steamer**. Cover; microwave on high 4-5 min until partially cooked. Uncover, drizzle with **1 tbsp oil**; coat with **1-2 tbsp rub**. Grill wedges over medium-high heat until lightly charred on both sides. Serve with your favourite Epicure dip.

3

SWEET MONTREAL GRILLED SALMON

In a small bowl, stir together **1-2 tbsp rub**, **1 tbsp oil**, and **1 tbsp brown sugar**. Brush over **4 4 oz (113 g) salmon fillets**. Grill fish, with lid closed, over medium heat until cooked through. Serve with grilled lemon wedges.

4

QUICK PICKLED RED ONIONS

Pour $\frac{3}{4}$ cup each **white vinegar** and **boiling water**, **1 tbsp rub**, and **2 tsp sugar** into a Mason jar. Stir to dissolve sugar. Add 1 thinly sliced onion; ensure slices are submerged. Top with more water, as needed. Screw on lid and let cool at room temperature. Refrigerate up to 1 week. Serve with tacos, nachos, sandwiches, or power bowls.

5

GRILLED BALSAMIC MUSHROOMS

Whisk together **2 tbsp each balsamic vinegar**, **oil**, **honey**, and **rub**. Place **1 lb (450 g) white button** or **cremini mushrooms** in a bowl, add **marinade**, and toss to combine. Thread mushrooms onto skewers. Grill kebabs over high heat, turning often, until mushrooms are tender and lightly charred.

5 WAYS WITH OH CANADA DRY GLAZE



Maple-glazed goodness with a kick of garlic, made with Canadian maple sugar. One jar glazes 6 lbs (2.72 kg) of meat. Great for grilling and stir-frying.

1

OH CANADA GRILLED CABBAGE STEAKS

Slice **1 cabbage** into thick steaks. Brush both sides with **olive oil**; sprinkle with **1 tbsp dry glaze**. Grill over medium-high heat, flipping occasionally, until tender and lightly charred. Reduce heat if needed. Whisk together **2 tbsp maple syrup**, **1 tbsp grainy Dijon mustard**, and **½ tbsp dry glaze**. Squeeze in juice from **½ lime**. Drizzle over steaks.

2

SPICY MAPLE GRILLED CHICKEN THIGHS

Combine **¼ cup dry glaze** with **2 tbsp oil**, **1 tbsp lemon juice**, **1 tbsp hot sauce**, and **½ tbsp low-sodium soy sauce**. Add **2 lbs (900 g) boneless, skinless chicken thighs** and toss to coat. Grill chicken, with lid closed, over medium heat, 6–8 min per side or until cooked through.

3

OH CANADA SHRIMP SKEWERS

In a large bowl, whisk together **2 tbsp dry glaze** and **1 tbsp each oil** and **orange juice**. Add **1 sliced zucchini** and **1 pkg (340g) large, peeled shrimp**; toss to coat. Thread onto skewers. Grill, with lid closed, over medium-high heat for 3–4 min per side, or until shrimp are cooked and zucchini is tender.

4

GRILLED SWEET CORN WITH CITRUSY BUTTER

Cut off and discard stem end from **4 corn cobs**. Place cobs in **Multipurpose Steamer**. Cover; microwave on high for 3 min. Squeeze corn to pop out; brush with **oil**. Grill over medium-high heat, turning often until tender, about 10 min. Whisk together **¼ cup butter**, melted, **1 tbsp dry glaze**, and **1 tbsp orange juice**. Brush over corn.

5

BBQ GRILLED MAPLE GINGER SALMON

Whisk together **2 tbsp maple syrup**, **2 tbsp rice vinegar**, **1 tbsp low-sodium soy sauce**, **1 tbsp dry glaze**, and **2 tsp grated ginger**. Grill **4 4 oz (113 g) salmon fillets** over medium-high heat, basting with half the sauce, until cooked through, about 8 min. Drizzle remaining sauce on top prior to serving.

5 WAYS WITH SMOKIN' BBQ SAUCE



Mild smoky flavour with dark coffee notes, sweet fruity acidity and a little kick of heat. Use it as a BBQ rub or sauce. One pkg makes 3 cups sauce. Contains about 7.33 mg caffeine per serving.

1

SMOKIN' GRILLED EGGPLANT DIP

Whisk together $\frac{1}{2}$ pkg sauce mix, 2 tbsp oil, and 1 tbsp apple cider vinegar. Cut 1 large globe eggplant into 1" thick slices. Brush with mixture. Grill over medium heat until tender and charred, about 8 min, flipping frequently. Place eggplant in a food processor. Add juice from 1 large lemon, 3 tbsp tahini, and 1 tbsp olive oil. Blend until smooth, adding water as needed. Serve with sliced veggies or crackers.

2

BBQ ALMONDS

In a large bowl, whisk 1 egg white until foamy. Stir in 4 cups almonds. Add 3–4 tbsp sauce mix and pinches of sea salt; stir to combine. Spread out on a Sheet Pan lined with Sheet Pan Liner. Bake in preheated oven at 300°F until toasty, about 25–30 min.

3

SMOKY PORK & PINEAPPLE KEBABS

Preheat grill to medium-high heat. Cut 1 lb (450 g) boneless pork loin into bite-sized pieces. Slice 2 bell peppers into 1" pieces. Thread pork, peppers, and 1–2 cups fresh pineapple chunks onto skewers. Brush with $\frac{1}{2}$ cup prepared Smokin' BBQ Sauce. Grill, turning occasionally, until pork is cooked through.

4

SMOKY GRILLED PEACH SALAD

Whisk together 2 tbsp oil, 1 tsp apple cider vinegar, 2 tsp mix, and $\frac{1}{2}$ tbsp honey. Cut 4 peaches in half; remove pit. Cut each half into wedges; brush with dressing. Grill peaches flesh-side down over medium-high heat until lightly charred. To assemble salad, place 8 cups mixed leafy greens in a large bowl. Toss with peaches and remaining dressing. Sprinkle with $\frac{1}{4}$ cup each blueberries and crumbled goat cheese.

5

SMOKIN' BBQ CHICKEN WINGS

Toss 2 lbs (900 g) chicken wings with 1 tbsp oil, salt, and pepper. Place on the grill over medium-high heat. Grill, turning frequently, until cooked through. Toss with $\frac{1}{2}$ cup prepared Smokin' BBQ Sauce, or more, as desired.

5 WAYS WITH TERIYAKI DRY GLAZE



Juicy notes of garlic, ginger, and soy pack bold flavour. Works both as a glaze or a sauce. One jar glazes 6 lbs (2.72 kg) of meat.

1

GRILLED TERIYAKI CAULI STEAKS

Slice **1 cauliflower head** into ½” thick slices. Place on **Sheet Pan**. Whisk together **2 tbsp each dry glaze, maple syrup, and soy sauce**, and **1 tbsp oil**. Brush over cauliflower steaks. Place cauliflower steaks on grill preheated at medium heat. Grill 4–5 min per side until charred and cooked through. Top with **sesame seeds**, if desired.

2

GRILLED TERIYAKI CHICKEN

Whisk together **2 tbsp each dry glaze, maple syrup, and soy sauce**, and **1 tbsp oil**. Add **1 lb (450 g) boneless, skinless chicken thighs** and toss to coat. Place chicken on grill preheated at medium-high heat. Grill, with lid closed, 6–8 min per side or until cooked through.

3

GRILLED TERIYAKI MEATBALLS

In a small bowl, whisk together **2 tbsp dry glaze, 1 tbsp maple syrup**, and **1 tbsp low-sodium soy sauce**. In a large bowl, combine **1 lb (450 g) ground chicken** and **1 tbsp dry glaze**. Form meat into 12 oval meatballs; thread on skewers. Place on grill preheated at medium-high heat. Grill, turning and basting with glaze frequently, until cooked through.

4

TERIYAKI TUNA SLIDERS

Drain and rinse **1 can (170 g) tuna**. In a bowl, mix tuna, ¼ cup **mayonnaise**, **1 tbsp dry glaze**, and ½ **tbsp rice vinegar**. Divide between bottom bun of **burger sliders**, top with **shredded carrots** and **sliced cucumber**. Cover with top bun.

5

SWEET & SALTY SWEET POTATOES

Place **2 peeled and chopped yams** in **Multipurpose Steamer**. Cover; microwave on high, 8–10 min. Whisk together **1 tbsp each dry glaze** and **sesame oil**, **2 tbsp each low-sodium soy sauce and honey**. Heat **2 tsp oil** in a skillet over medium heat. Add yams and sauce. Stir frequently until sauce has thickened. Top with sesame seeds.

SMOKIN' BBQ PORK CHOPS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup veggies and 1 cup grilled corn or potatoes.

RECIPE TIP

Make use of the **Sheet Pan** and **Sheet Pan Liner** when heading to the grill. Place uncooked meat or veggies on the liner; remove liner once food hits the grill and then use the Sheet Pan as a clean, food-safe tray to bring cooked food back inside or to the table.



TOTAL TIME: 20 min



4 SERVINGS



\$3.03 CA/\$2.58 US PER SERVING

INGREDIENTS

½ pkg **Smokin' BBQ Sauce Mix**,
about ¼ cup

3 tbsp oil, divided

1 tbsp apple cider vinegar

4 bone-in, centre-cut pork loin chops,
about 1 lb (450 g)

1 red onion

1 red bell pepper

Sea Salt and **Black Pepper** (Grinders),
to taste

Toppings (optional): **Smokin' BBQ
Sauce**, chopped fresh parsley or cilantro

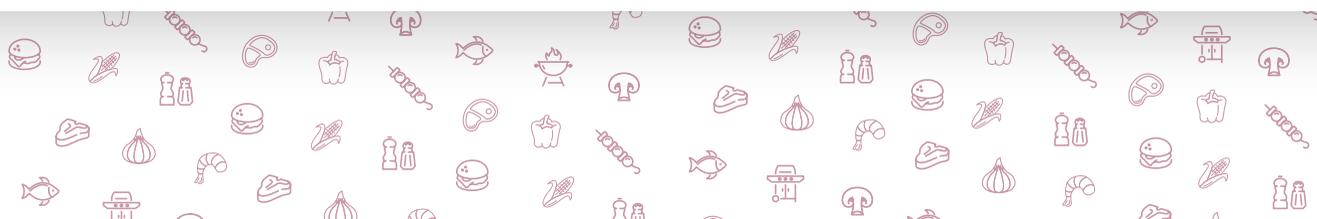
NUTRITIONAL INFO

Per serving: Calories 290, Fat 20 g (Saturated 4 g,
Trans 0.1 g), Cholesterol 55 mg, Sodium 260 mg,
Carbohydrates 9 g (Fibre 1 g, Sugars 5 g), Protein 20 g.

INSTRUCTIONS

1. In a large bowl, combine mix with 2 tbsp oil and vinegar. Add pork chops; evenly coat with sauce. If you have extra time, refrigerate and marinate for 15 min or overnight.
2. Preheat grill to medium-high heat.
3. Cut onion into thick rings. Cut pepper into thick, chunky pieces.
4. Place a **Sheet Pan Liner** on a **Sheet Pan**. Add cut veggies; drizzle with remaining 1 tbsp oil and season with salt and pepper. Push to one half of the pan, add chops, and head to the grill.
5. Add chops, peppers, and onion (remove Sheet Pan Liner) to preheated grill. Sear chops, 2 min per side, then reduce heat to medium. Flip pork and veggies often until pork is cooked through and veggies are lightly charred, about 8-10 min. Remove food when cooked and place on Sheet Pan. Sprinkle with toppings, as desired.

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TERIYAKI BANH MI SANDWICH



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup veggies.

RECIPE TIP

Looking for a lighter bite to eat?
Try swapping bread for lettuce cups.



TOTAL TIME: 20 min



4 SERVINGS



\$2.20 CA/\$1.87 US PER SERVING

INGREDIENTS

1 lb (450 g) lean ground pork or beef
¼ cup water
2 tbsp **Teriyaki Dry Glaze**
½ tbsp low sodium soy sauce
¼ cup light mayonnaise
1 tbsp **Sweet & Spicy Organic Mustard**
½ English cucumber
4 medium-sized panini buns or chopped baguette
1 cup carrot matchsticks

Toppings (optional): Jalapeno slices, pickled onions, sliced radishes

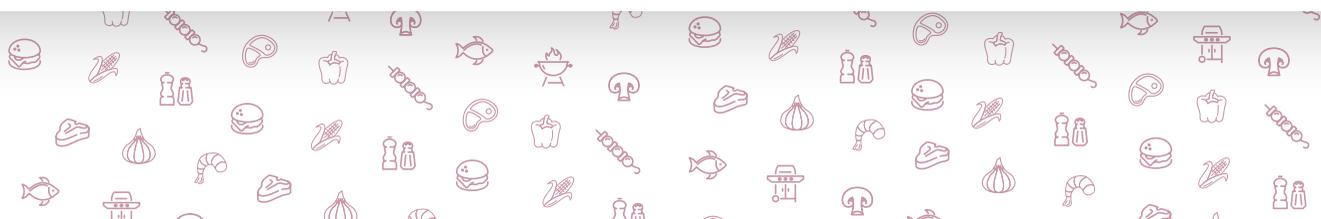
NUTRITIONAL INFO

Per serving: Calories 400, Fat 20 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 440 mg, Carbohydrate 27 g (Fiber 2 g, Sugars 6 g), Protein 27 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add ground meat, water, dry glaze, and soy sauce. Mix until well combined and press into bottom of the steamer. Cover; microwave on high, 4 min or until cooked.
2. Meanwhile, in a small bowl, whisk together mayo and mustard. Set aside.
3. Slice cucumber. Cut buns open.
4. Remove steamer from microwave. Uncover; let rest 1 min. Using tongs, remove meat from steamer and place onto cutting board; discard any excess liquid in steamer. Slice meat into eight pieces.
5. Spread sauce into each bun; fill each bun with two slices of meat and top with veggies.

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OH CANADA GRILLED SALMON SALAD



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 small grilled pita and 1 cup fresh veggies.

RECIPE TIP

No skewers? No problem! Coat whole salmon fillet with oil and glaze, then grill, roast, or broil until done as you like.



TOTAL TIME: 20 min



4 SERVINGS



\$4.50 CA/\$3.83 US PER SERVING

INGREDIENTS

1½ lbs (675 g) skinless salmon fillet
1–2 tbsp oil
3 tbsp **Oh Canada Dry Glaze**
1 lemon
1 red onion
8 cups mixed greens
¼ cup Epicure Dressing, your choice
Toppings (optional): cubed avocado

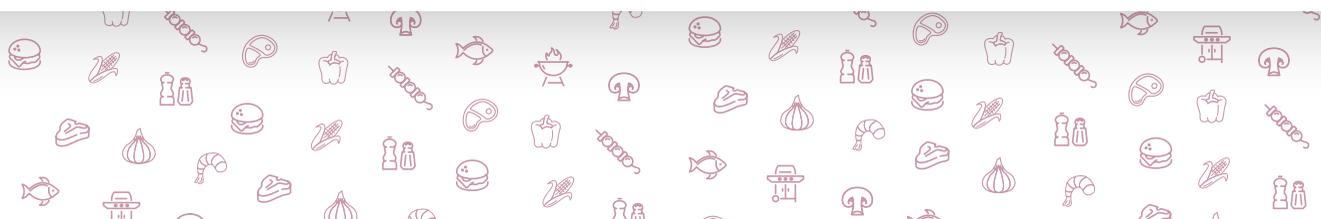
NUTRITIONAL INFO

Per serving: Calories 410, Fat 24 g (Saturated 3.5 g, Trans 0 g), Cholesterol 95 mg, Sodium 330 mg, Carbohydrates 13 g (Fibre 3 g, Sugars 7 g), Protein 36 g.

INSTRUCTIONS

1. Preheat grill to medium heat.
2. Cut salmon into 1" cubes. Place in a bowl; coat with oil and dry glaze. Thinly slice lemon into rounds. Cut onion into chunky pieces. Thread salmon, lemon, and onion onto two or four skewers.
3. Place skewers on grill; turn occasionally, until grill marks form and salmon is cooked through, about 5–8 min.
4. Place greens in a bowl and toss with dressing. Divide onto plates and top each with one skewer, or remove salmon from skewers and place over greens. Top with avocado, if using.

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MONTREAL-STYLE KEBABS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced mixed veggies and 2 tbsp of your favourite Epicure dip.

RECIPE TIP

Have extra **Smokin' BBQ Sauce** in the fridge? Brush about $\frac{1}{4}$ cup over kebabs for the last 2 min of grilling for an extra kick.



TOTAL TIME: 20 min



4 SERVINGS



\$4.42 CA/\$3.49 US PER SERVING

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts (about 2 breasts) or top sirloin grilling steak, about 1-1½" thick
1 tsp oil
2-3 tbsp **Montreal Steak Rub**
3 small bell peppers
½ red onion
4 large pitas, preferably wholewheat

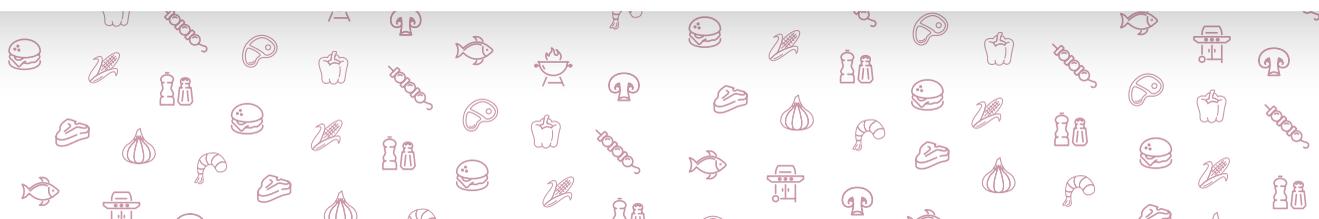
NUTRITIONAL INFO

Per serving (chicken): Calories 350, Fat 6 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 610 mg, Carbohydrates 44 g (Fibre 6 g, Sugars 6 g), Protein 33 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Cut chicken or beef into 1" cubes and place in a bowl. Coat with oil, then rub in steak rub evenly on all sides. Cut peppers and onion into chunky pieces. Thread meat, peppers, and onion onto four skewers.
3. Place kebabs on grill; turn occasionally, until grill marks form and meat is cooked through, about 6-8 min. If there's room on the grill, add pitas for last 1 min of cooking, turning over halfway through.
4. Serve kebabs with warm pitas.

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ALOHA CHICKEN & VEGGIE KEBABS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 pita, 1 cup fresh veggies, and 1 tbsp prepared Epicure dip.

RECIPE TIP

Swap chicken for firm tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$3.97 CA/\$3.37 US PER SERVING

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts

2 tbsp **Teriyaki Dry Glaze**

1 tbsp vegetable oil

1 bell pepper

1 small red onion

2 cups fresh pineapple chunks

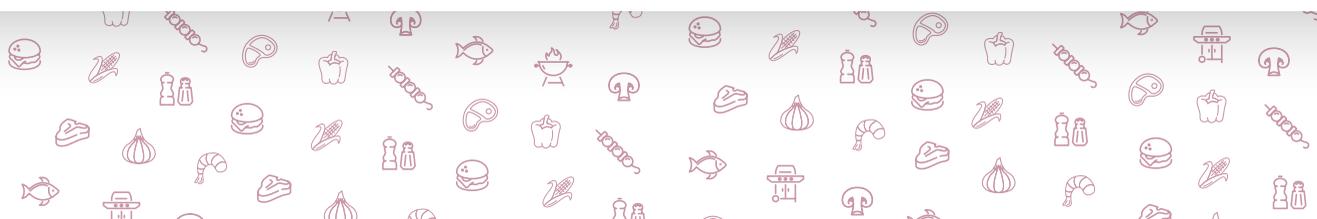
NUTRITIONAL INFO

Per serving (1 skewer): Calories 240, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 85 mg, Carbohydrate 18 g (Fiber 2 g, Sugars 12 g), Protein 27 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into 1" cubes. Place in bowl; add dry glaze and oil. Stir evenly to coat. If you have extra time, let stand for 10 min to marinate.
3. Meanwhile, cut peppers and onion into 2" pieces.
4. Thread meat, vegetables, and pineapple onto skewers.
5. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min.

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OH CANADA GRILLED CHICKEN



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup grilled veggies of your choice, and 2 tbsp of your favourite Epicure dip.

RECIPE TIP

Cooking time may vary depending on your grill and the thickness of your chicken. To test chicken for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 165° F.



TOTAL TIME: 20 min



6 SERVINGS



\$2.63 CA/\$2.24 US PER SERVING

INGREDIENTS

1 cup uncooked white rice
2 cups water or broth
1½ lbs (675 g) boneless, skinless chicken breasts (about 3 breasts)
¼ cup **Oh Canada Dry Glaze**
2 tbsp oil

Toppings (optional): chopped chives or microgreens

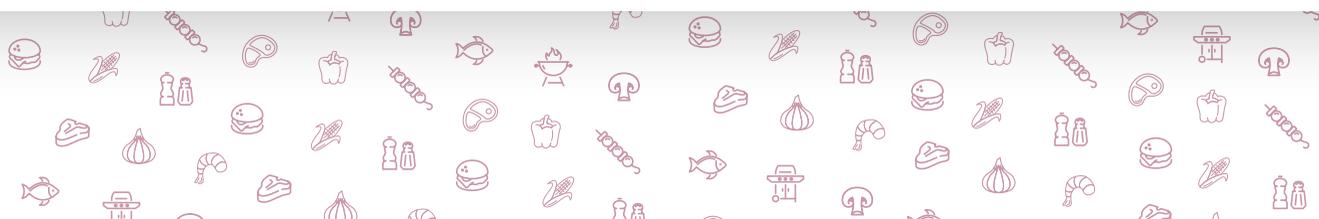
NUTRITIONAL INFO

Per serving: Calories 320, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 170 mg, Carbohydrates 32 g (Fibre 1 g, Sugars 4 g), Protein 28 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a Multipurpose Steamer, combine rice and water or broth. Top with tray; microwave uncovered on high for 16–18 min, or until tender.
3. Meanwhile, in a bowl, combine glaze with oil; add chicken and massage in glaze. If you have extra time, let stand 10 min or cover and refrigerate overnight.
4. Place chicken on grill; reduce heat to medium. Grill with lid closed, about 7–9 min per side, or until cooked all the way through.
5. Slice chicken into thick pieces; plate on plates. Sprinkle with topping if desired, and serve with rice.

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SMOKIN' MONTREAL STEAK SANDWICH



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies and 2 tbsp of your favourite Epicure dip.

RECIPE TIP

Grill baguette before assembling sandwiches. Lightly brush with oil and season with pinches of salt and pepper. Grill until toasty, then spread with mustard.



TOTAL TIME: 20 min



4 SERVINGS



\$2.68 CA/\$2.11 US PER SERVING

INGREDIENTS

1 lb (450 g) top sirloin grilling steak, about 1-1½" thick

1 tsp oil

2-3 tbsp **Montreal Steak Rub**

½ baguette

4 tsp mustard

1 cup arugula or baby spinach

½ cup **Smokin' BBQ Sauce**, warmed

Toppings (optional): sliced red onion

NUTRITIONAL INFO

Per serving: Calories 280, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 610 mg, Carbohydrates 29 g (Fibre 2 g, Sugars 8 g), Protein 26 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Coat steak with oil, then evenly rub steak rub on all sides of meat.
3. Place on grill. Grill with lid closed, until steak is done as you like, about 3-5 min per side for medium-rare. Let steak rest at least 5 min before slicing.
4. Meanwhile, cut baguette in half lengthwise, then crosswise, to make 4 pieces. Spread each with mustard. Coarsely chop arugula; set aside.
5. Thinly slice steak; divide and arrange slices on baguette. Drizzle with warm sauce and top with arugula and add onion, if desired.

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